



CPT Back, Neck & Spine Care

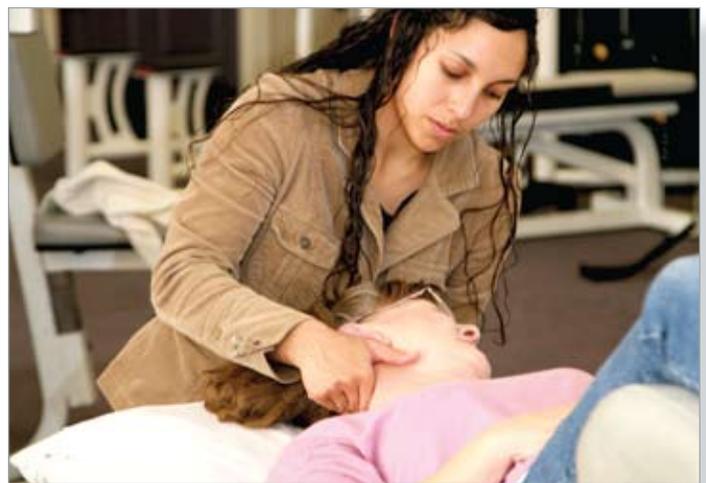
Relieving pain. **Restoring motion.**

Spine-related pain is one of the most common conditions in the U.S., with four out of five American adults experiencing back or neck pain at some point during their lives. From degenerative conditions such as stenosis or arthritis to accidents and work-related injuries, the toll in suffering and treatment costs is staggering.

At Cambria Physical Therapy, we specialize in restoring clients to their optimum level of function. We help patients manage their back and neck problems through a variety of therapies. Our customized programs are designed to decrease pain and increase mobility, strength, flexibility and function. We even offer home-based physical therapy for those unable to leave their home. Our comprehensive, expert treatment for a variety of neck, back and spinal problems includes:

- **Low back pain**
- **Muscle spasms**
- **Postsurgical back rehab**
- **Whiplash injuries**
- **Pinched nerves**
- **Disc problems**
- **Sciatica**
- **Postural pain**
- **Stiffness**

Cambria Physical Therapy is one of the few centers in the area to offer an active therapy movement machine that stabilizes spinal segments, helping attain spinal movement. Three-dimensional



mechanical decompression helps to open up disc space and correct postural or disc abnormalities. Cambria Physical Therapy is also the only center in the area to offer the SwimEx swimming pool designed specifically for aquatic therapy. Our heated pool provides gentle resistance through an underwater current that improves strength, endurance and range of motion. The buoyancy of water provides a more holistic approach focusing on balance and vestibular conditioning, while minimizing the effects of body weight and joint compression on painful joints.

To find relief from back or neck pain, let our therapists show you how. Call 805-924-1605 for an appointment today.



Cambria Physical Therapy

The advanced care you need. The personal touch you deserve.



Compassionate care. For women, by women.

Women often develop conditions over time that can interfere with their full enjoyment of life. Pregnancy and child-rearing can be accompanied by physical demands that lead to low back pain, swelling and pelvic conditions. Many women may suffer from incontinence, osteoporosis or joint pain that makes daily activities difficult. Females recovering from hysterectomy or breast cancer may need specialized care to return to a normal life.

The good news is that specialized therapy can provide relief from these conditions. At Cambria Physical Therapy, we believe that education coupled with individualized, compassionate treatment can help you enjoy life once again. Our therapists fully explain the science behind your treatment and partner with you on getting your life back on track. Treatments include:

Biofeedback – For women with pelvic pain or incontinence or who have had a difficult delivery, biofeedback can be an effective treatment. A vaginal monitor helps women with muscle tension, relaxation and Kegel muscle training. Specialized exercises can help manage pelvic conditions. Computerized graphics can measure improvements in muscle tone, coordination, strength and control.

Transcutaneous electrical nerve stimulation (TENS) – Electrical stimulation can be used to treat urinary incontinence by sending a mild electric current to the pelvic muscles that are involved in urination.

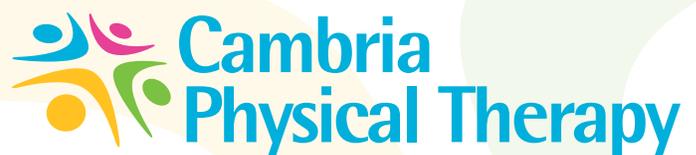
Aquatic therapy – Cambria Physical Therapy is the only center in the area to offer the SwimEx swimming pool designed specifically for aquatic therapy. Our heated pool



provides gentle resistance through an underwater current that improves strength, endurance and range of motion.

Lymphedema management – Women who have been treated for breast cancer and have developed lymphedema can find relief from the buildup of fluid through compression, bandages, exercises and special massages that can help move fluid out of your arm.

To learn how Cambria Physical Therapy can help you enjoy life once again, call 805-924-1605.



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CPT Orthopedic Rehabilitation

Returning you to a life in motion.

Living with pain is never normal. Injuries to the bones, muscles, joints and ligaments can severely impact your quality of life. Patients suffering with orthopedic conditions or sports injuries or who are recovering from surgery can find expert specialized rehabilitation at our center. For those confined to their home due to weakness, illness or other reasons, we offer home-based physical therapy.

Cambria Physical Therapy offers a wide variety of advanced treatments tailored to each client's stage of recovery. The goal is to restore strength, flexibility and range of motion so that patients regain their optimum level of function and enjoy life once again.

Many patients can benefit greatly from aquatic therapy. Cambria Physical Therapy is the only center in the area to offer the SwimEx swimming pool designed specifically for aquatic therapy. Our heated pool provides gentle resistance through an underwater current that improves strength, endurance and range of motion. The buoyancy of water provides a more holistic approach focusing on balance and vestibular conditioning, while minimizing the effects of body weight and joint compression on painful joints.

Cambria Physical Therapy is also one of the few centers in the area to offer an active therapy movement machine that stabilizes spinal segments and helps attain movement in the spine, hips, knees and shoulders. Custom-made orthotics can relieve the foot pain of plantar fasciitis and other lower extremity conditions. Our therapists also have training in wound care for postsurgical or diabetic patients. Other treatments include manual therapy, joint mobilization, balance and gait training and TENS (electrical nerve stimulation). Therapeutic exercise and functional strength training promote recovery and are conducted in our onsite gym. Patients can continue their prescribed course of exercise following discharge from physical therapy right in

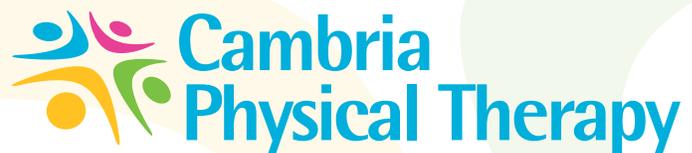


the familiar surroundings of our gym. Our physical therapists can also create an exercise plan that clients can use to continue their recovery at home.

Common conditions we manage include:

- **Joint replacements** ■ **Ankle, wrist & hand injuries**
- **Sports injuries such as fractures, dislocations & sprains**
- **Back & neck pain, including postsurgical rehabilitation**
- **Arthritis** ■ **Carpal tunnel syndrome**
- **Balance disorders and gait problems**

To learn how Cambria Physical Therapy can help you regain the strength, flexibility and range of motion to enjoy life once again, call 805-924-1605.



The advanced care you need. The personal touch you deserve.

Live life to the fullest. **At every age.**

Many older adults live active lifestyles, thanks to healthy habits. But growing older can also increase the risk of injury, chronic conditions such as osteoporosis or balance disorders and a slower recovery from surgical operations such as joint replacement or heart procedures.

At Cambria Physical Therapy, we specialize in restoring older adults to their optimum level of function and physical conditioning. We even offer home-based physical therapy for those who are unable to leave their home. Our licensed therapists are experts in treatments that restore mobility, reduce pain, improve balance, increase strength and fitness and enhance safety within the home. We believe in educating patients on what to expect during their therapy. Our therapists use gentle hands-on techniques while providing compassionate, one-on-one personal care. A broad array of treatments are available, including the area's only active therapy movement machine that stabilizes spinal segments and helps attain movement in the spine, hips, knees and shoulders.

Cambria Physical Therapy is also the only center in the area to offer the SwimEx swimming pool designed specifically for aquatic therapy. For women with incontinence, biofeedback and electrical stimulation can be useful treatments. Our onsite gym offers a wide spectrum of strengthening and conditioning equipment, with gym memberships available along with the services of athletic trainers. We excel in the following:

Cardiac & pulmonary rehab – In-house pulse oximetry allows our therapists to supervise phases three and four cardiac rehabilitation and pulmonary surgical rehab. A range of cardiovascular training equipment is available.

Orthopedic Rehab – Patients recovering from joint replacement surgery, arthroscopy and other orthopedic procedures will need physical therapy specific to their stage of recovery. Having the broadest array of treatment techniques and equipment available ensures a speedier return to normal activities.

Fall Prevention – Our licensed therapists are skilled in balance training and the use of assistive devices to achieve



static and dynamic balance. Patients with dizziness may find relief through vestibular ocular training or the repositioning of inner ear rocks. In addition, Cambria Physical Therapy is the only center in the area to offer aquatic therapy for balance and vestibular conditioning.

Osteoporosis – Strength training and weight-bearing exercise have been shown to help prevent osteoporosis and are offered through programs in our onsite gym.

Fitness & conditioning – Healthy adults can enjoy a variety of fitness programs in our onsite gym. Organized classes are offered in Pilates, yoga, chair exercises, core strengthening, breathing techniques and STAR (stretch, tone and renew). Personal fitness trainers are available to create individualized exercise programs that adults can continue on their own.

To learn how Cambria Physical Therapy can help you remain vital and active, call 805-924-1605.

 **Cambria
Physical Therapy**

The advanced care you need. The personal touch you deserve.